



Fort Sam Houston

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Fort Sam Houston — Home of Army Medicine

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Post evaluating new cultural resources management procedures

U.S. Army Garrison Commander Col. Douglas A. Biggerstaff meets with representatives of Native American tribes and members of historic preservation groups to discuss the Army's new alternative management procedures for historic and cultural resources. The new procedures are designed to reduce costs and save time by replacing formal project-by-project review with a program level approach that provides opportunities for community involvement in the development of the installation's internal operating procedures. The alternate procedures plan calls for periodic review of operating procedures and certification of the plan by the Advisory Council on Historic Preservation.



Photo by Edward Rivera

DoD to survey job satisfaction

By Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

What better way to learn more about what troops think than to ask? The Defense Department this month started a survey program to do just that.

"We hope it'll allow us to adjust our policies more promptly when we see an issue or problem out there that our people are concerned with," said David Chu, undersecretary of defense for personnel and readiness.

He said letters went out July 8 to 35,000 service members pointing them to a Web-based Status of Forces Survey and advising they have until July 26 to participate, if they wish.

In 2003, DoD officials plan to expand the effort by conducting three such surveys of the active force, two of Guard and Reserve forces and one of civilian employees. By 2004, the plan is for each group to be surveyed quarterly, Chu said.

The current Status of Forces Survey focuses on job satisfaction, retention plans, and spouse employment, among other issues, he said. Previous such surveys looked at morale, welfare and recreation benefits and retention incentives, he added.

This is one of the earlier major survey programs from DoD to be completely Web-based. Chu said this should make it easier for members to participate and for surveyors to compile results quickly.

"It'll give us the ability on a near-real-time basis to understand how people see their lives, whether in uniform or as a civilian employee of the Department of Defense," he said. Chu's plans call for the results of completed surveys to be posted on a public Defense Manpower Data Center Web site, www.dmdc.osd.mil/surveys.

Chu said officials believe up to half the people ignore mailed survey requests. But then, many of those same people complain policy makers don't ask and don't understand what issues affect their lives, he remarked.

Surveys provide an opportunity for people to have their opinions heard, and Chu urged those who receive invitations

to take a few minutes to complete the survey.

"This is your 'put-up-or-shut-up' opportunity," he said. "Don't just complain. Here is your chance to do something. Here is your chance to vote, so to speak, about your future and about what will be important for the people you work with as well."

Army announces Alamodome site for the 2003 U.S. Army All-American Bowl

By Nelia Schrum
Special to the News Leader

San Antonio is the site for next year's U.S. Army All-American Bowl featuring the nation's top high school football players. The game, set for Jan. 5 at 6 p.m. in the Alamodome, will be broadcast live on ESPN.

The game, announced at a July 11 Alamodome press conference, features 78 of the nation's top high school football players in an East vs. West match-up.

Col. Thomas Nickerson, the director of Strategic Outreach for the U.S. Army Accessions Command, said the Army selected the city because of the warm welcome and support the "Military City USA" provided for the 2002 U.S. Army All American Bowl played in Alamo Stadium as more than 17,000 fans watched.

"The people of San Antonio have completely embraced us and pulled out all the stops, to ensure this event is a complete success," he said.

The 2002 match-up featured three San Antonio players including Ra'Shawn Mosley from Southwest High School,

Bryan Payne from Churchill High School who will be playing for Harvard, and Anthony Arline from Madison High School who is set to play at Texas Tech.

Most of the high school seniors com-

peting in the 2002 U.S. Army All-American game are set to hit the college gridiron in the fall. The University of Texas and Notre Dame will each sport

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Bush: Federal employees vital to Homeland Security

By Linda D. Kozaryn
American Forces Press Service

"Public service in America today is not just another job. It is an important act of citizenship," President Bush said July 10.

More than 3,000 government workers nearly packed Constitution Hall in Washington D.C. to hear the president talk about their vital role in protecting America. He commended them for their sacrifice and dedication and for using their time, talent and energy to work for others.

With Secretary of State Colin Powell, Attorney General John Ashcroft and several other Cabinet secretaries and

agency directors in the audience, Bush called on the government workers to support his plans for a new Cabinet-level Department of Homeland Security.

"We've got to do everything we can to ensure the American people that our government and the fine folks who work on behalf of the taxpayers work in a smart way, a dedicated way," Bush said.

More than 100 federal agencies and organizations have a role in homeland security, the president said, and that means "that despite everybody's best intentions, hard work and sacrifice," there is a dispersal of authority, a lack of

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Briefs

DFAS Change of Command, July 19

Defense Finance and Accounting System Change of Command July 19, 9 a.m., MacArthur Parade Field. Incoming commander is Col. Robert T. Cook; outgoing commander is Col. Brian Clearman.

AHS Change of Responsibility, July 23

The Dean Academy of Health Science Change of Responsibility ceremony, July 23, 5 p.m., main post flagpole on Stanley Road. Incoming Dean is Col. Lincoln D. Fretwell; outgoing Dean is Col. James W. Kirkpatrick.

FSH ISD Board Meeting, July 25

The Fort Sam Houston Independent School District Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, July 25 at 11 a.m.

Center Brigade Change of Command, July 26

Center Brigade Change of Command, July 26, 8 a.m., MacArthur Parade Field. Incoming commander is Col. Maureen Coleman; outgoing commander is Col. Kenneth Crook.

A-76 Initial Decision announcement, July 29

A public announcement of the results of the Base Operations Services and Visual Information A-76 studies is scheduled for July 29 at 3 p.m. at the Fort Sam Houston main post flagpole on Stanley Road.

Leaks put Americans in danger, Rumsfeld says

By Jim Garamone
American Forces Press Service

Military and civilian personnel who leak classified data are putting national security at risk and the practice must stop, said Defense Secretary Donald Rumsfeld in a memo to all members of the department.

“I have spoken publicly and privately countless times about the dangers of leaking classified information,” the secretary wrote. “It is wrong. It is against the law. It costs the lives of Americans. It diminishes our country’s chances for success.”

Rumsfeld amplified his remarks during an interview on CNBC July 15. “Every once in a while, there are people in the United States government who decide that they want to break federal criminal law and release classified information, and they ought to be imprisoned,” he said. “And if we find out who they are, they will be imprisoned.”

He said the leaks are making it more difficult to track down terrorists globally.

“Why people do it, I do not know,” he said. “They obviously want to make themselves look important, and they have favorite reporters and press people that they think they can curry favor with. And they go to them and hand them things that ought not to be given to the public, and ... they then appear in a public press.”

An unclassified CIA report says a growing body of evidence indicates al Qaeda pays attention to the U.S. and foreign press and has gleaned valuable information about U.S. counterterrorism activities from the press.

“Information obtained from captured detainees has revealed that al Qaeda operatives are extremely security conscious and have altered their practices in response to what they have learned in the press about our capabilities,” the reports states.

“Disclosures of classified information also reduce the willingness of potential allies, volunteers and other sources in foreign countries to work with us out of fear of having their cooperation publi-

cized in the press,” the report says.

Rumsfeld’s memo is just the latest reminder to military and civilian personnel on the dangers leaking classified information poses not only to American troops, but the American population. The day after the attacks in New York and Washington, Rumsfeld asked Defense Department personnel to safeguard classified information.

“This is a message really for all the men and women in the United States government who have access to classified information,” he said during a Pentagon briefing Sept. 12, 2001. “It seems to me that when they see or learn of someone who is handling classified information in a way that is going to put the lives of the men and women in uniform at risk, they ought to register exactly what kind of a person that is. It’s a person who’s willing to violate federal criminal statutes, and willing to frustrate our efforts to track down and deal with terrorists, and willing to reveal information that could cost the lives of men and women in uniform.



Donald Rumsfeld
Secretary of Defense

“I think it’s time for all who deal with that information to treat it with the care and respect that it merits.”

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Nation's top teacher credits Army for success

By Joe Burlas
Army News Service

Recognized by the White House as the 2002 teacher of the year, a retired lieutenant colonel just told education specialists that his Army career prepared him well to be an educator.

Chauncey Veatch, a freshman social studies and English teacher at Coachella Valley High School in Thermal, Calif., addressed Army Education Summit attendees at the event's opening dinner in Washington, D.C., July 8.

Veatch retired from the Army in 1995 after 22 years of service. He had served both in the infantry and the medical services corps.

"The Army taught me two things that has helped me be successful in the classroom," Veatch said. "The Army taught me leadership skills, and it taught me the value of service — the responsibility to give something back to the community you are in."

He also credited the Army with his Spanish fluency as it sent him to the Defense Language Institute at the Presidio of Monterey, Calif., to learn the language in the early 1990s. As the majority of his students are Mexican migrant farm workers who also work the fields with their parents, Spanish proficiency is a must in the classroom, he said.

And while Veatch may feel proud of being selected as teacher of the year, he said he feels more pride in the successes of his students.

Those successes include a young Mexican migrant laborer who spoke no English when he started ninth grade who now has full scholarship offers to two colleges. Several youngsters winning numerous academic competitions at district, regional and state level from a school which had the lowest test scores in the state when Veatch started teaching. And a 69-year-old Mexican migrant worker with 19 children who had very little formal education prior to attending night school and then went on to pass his U.S. citizenship test.

"Just imagine the legacy that 69-year-old man has left his 19 children by his personal example — that no matter how old you are, education is important and it can pay off with visible rewards like citizenship," Veatch said.

The teacher of the year said he uses the three Ds of democracy, dreams and destiny to underscore the importance of education to his students. With education, students can understand the many rights they have within our democracy; they will be armed with the knowledge they need to turn dreams into realities; and they will be prepared to meet the future as today's youth will be tomorrow's leaders, he said.

Growing up in an Army family, Veatch said he can appreciate the issues the summit seeks to address — especially the one about the disruption constant moves from school to school makes for students due to military reassignments. He said he remembers attending four different elementary schools during one year because of his father's job changes.

"Spouses and children are just as much patriots as their soldiers are because they too have to make sacrifices in service to this great nation of ours," Veatch said.

"Military City USA" to host Army All-American Bowl in the Alamodome

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eight players from the game. Florida State has four 2002 U.S. Army All-American Bowl players while Penn State will have three and two will play for Texas A&M.

The U.S. Army All-American Bowl organizers also announced the selection of Janice Ricks as their host city committee chairperson. The committee will be responsible for welcoming the U.S. Army All-Americans, their parents and coaches to the city of San Antonio. Members of the Alamo Chapter of the United States Army will be assisting in that effort.

The San Antonio Downtown Rotary Club will host the National High School Player of the Year Awards Dinner for the event. The top high school football player in the country will receive the Ken Hall Trophy. Hall, a legendary running back set high school rushing records in the 1950's that still stand.

Army recruiters from across the country will deliver the U.S. Army All-Americans' invitations to play in the game at pep rallies and events in each player's hometown. The Army will be bringing back the "U.S. Army Interactive Fan Fest." Last year, fans enjoyed the interactive area featuring a Chinook Helicopter, U.S. Army Top Fuel Dragster, Patriot Missile Display, football skills competition, rock climbing wall and other state-of-the-art Army equipment.

The 2003 U.S. Army All-American Bowl will feature a national high school cheerleading competition called the U.S.



Photo by Nelia Schrum

Alamodome Director, Mike Abington; San Antonio Councilman David Carpenter; U.S. Army All-American Bowl Host Committee Chairperson, Janice Ricks; SportsLink President, Richard McGuinness; and Col. Thomas Nickerson, U.S. Army Accessions Command, join hands to sponsor the 2003 All-American Bowl.

Army All-American Cheer Bowl. The Jan. 4 competition will feature the nation's top 250 cheerleading teams from across the country and will take place all day on Jan. 4 at Freeman Coliseum. The cheerleaders from the competition will also be performing on the sidelines and at half time of the game on Sunday. The Band Competition, called the U.S. Army All-American Band Bowl will take place on Jan. 4. The band competition will feature the top eight to ten bands from across the country.

"We are looking to make the 2003

game even bigger and better than 2002," said Nickerson. "With the addition of the U.S. Army All-American Cheer Bowl and the National Band Competition, this year's game week will look like a major college bowl game. The U.S. Army is proud to be associated with these fine young men and looking forward to seeing their performance in January." He also said Army students training at Fort Sam Houston's Army Medical Department and School courses will be provided with game tickets.

Homeland Security's priority is to protect the American people

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accountability and a needless drain on critical resources.

Bush said a Department of Homeland Security would unify federal efforts and avoid administrative overlap and duplication. Creation of the department would be the most significant reorganization of government since 1947, he said.

"For the first time," the president said, "this new department will merge under one roof, the capability to identify and assess threats to the homeland, to match those threats against our vulnerabilities and to do what's necessary to secure America."

He said he understands people's reluctance to change and desire to "guard turf." "But there is an overriding and urgent mission here in America today and that's to protect our homeland. We've been called into action and we've got to act."

One of the new agency's primary tasks would be controlling U.S. borders to prevent terrorists and weapons from entering the country. "We need to know who's coming in, why they're coming in, and if they're leaving when they're supposed to," Bush said. "And if they're not leaving, we need to know why."

A Department of Homeland Security would foster a new culture of cooperation in the nation's capital, the president said. By uniting essential agencies, the nation would gain new tools to meet new challenges. It would help set new priorities.

"The single most important priority is to protect the homeland. We're at war," Bush stressed. "We must do everything we can to funnel resources and to set priori-

ties to protect the American people. It is by far our most important challenge."

He called upon the federal employees' continued sense of duty to support plans for the new department. "There's no doubt in my mind that we'll do what's necessary to protect America," he said.

The nation is making progress in the war against terrorism overseas and at home, the president said. "What is for certain is, we've got a great military who are doing everything they can to hunt the killers down one person at a time and bring them to justice," he said, "and that's exactly what this government will continue to do."

U.S. officials have strengthened aviation security and tightened U.S. borders, he noted. Medical authorities are stockpiling medicines to defend against bioterrorism. Intelligence agencies are improving information sharing. Officials are taking steps to protect critical infrastructure.

"What's important for the American people to know is that our public servants are working longer hours and working harder and working smarter to defend the American people," Bush said. "We will win the war on terror — there's not doubt in my mind — thanks to the heroism of our fighting troops, and thanks to the patriotism of our people and thanks to the hard work of government officials here."

As examples of federal employees' extraordinary service, Bush cited the deeds of three people in the audience. The president said Secret Service Special Agent Tom Armas went into the World Trade Center's North Tower to help the seriously wounded after the Sept. 11 attack. "In the midst of chaos," Bush said,

"he was a calm and steady soldier."

David Hart of the Federal Emergency Management Agency, made sure that New York victims received aid quickly, that assistance centers were staffed and that people willing to help were properly trained. "He showed compassion to people in need. He put the best face on our government for people who suffered," Bush said.

Chantice James, the president said, is one of the first U.S. Customs Service inspectors ever to work abroad with the sole purpose of protecting America and other countries from weapons of mass destruction that could be concealed in cargo.

"We worry about weapons of mass destruction, and so we've asked Chantice James to leave her family, to move to Vancouver, Canada, where she's been for the past five months," Bush said. "She and her Canadian counterparts are reviewing all shipments ultimately destined for the United States that come into that port."

James is training U.S. customs inspectors and developing techniques that will be used around the world. "She's using her time, her talents and her efforts to help us assure the American people that we're doing everything we can to protect the homeland," Bush said.

These public servants, he said, have shown the American people "a willingness to go the limit, and then some more, for the sake of your fellow citizens." Public service, he added, "is a way to fulfill our obligation to those who have gone before us, to those who will follow us and to those who have sacrificed and died for us. That's how I view your job and my job."

Failure to secure valuables may result in denied claims

By Nelda L. Racca
Special to the News Leader

The Claims Office receives claims for a wide variety of losses. Whether or not a claim is payable usually depends on the type of item stolen or vandalized and the nature of the precautions taken by the claimant to secure or safeguard the item. The Claims Office processes all claims in accordance with claims regulations and federal law. Careful consideration is given to the individual circumstances surrounding each claim. The reason many claims are denied is the failure of claimants to properly secure their property. If claimants, or their agents, were negligent, the claim will not be paid.

Thefts from the Workplace

A lot of employees and soldiers are purchasing PDAs (Personal Digital Assistants, i.e., Palm Pilots), and their accessories. Unfortunately, these items are often left on top of a desk for easy access during the workday. These items should be secured if you are leaving the office, even for a few minutes. Put them in your desk drawer, filing cabinet drawer, or a similar place; preferably, in a place that can be locked. Leaving a PDA on top of your desk is the equivalent of leaving cash on your desk. PDAs are valuable and are easily pilfered. Remember, if the government purchased the PDA for you, and it is stolen because of negligence on your part, you may be held liable for the cost of the item.

Similarly, claims for theft of a purse or cash at the workplace are usually denied. Such items should not be left unattended for even short periods of time, unless they are secured in a locked drawer. They should never be left overnight.

Thefts from the Fitness Centers

The Fitness Centers are high theft and high visibility areas frequented by a large number of people. It is important to remember that security of personal belongings is the responsibility of the individual utilizing the facilities. Lockers are provided in the locker rooms; however, you must provide your own lock. Use common sense. Many a wallet has been stolen when left unattended on the benches or left in an unlocked locker in the locker rooms for just a minute. Do not take money or any valuables, e.g., jewelry with you to the gym. The Fitness Centers are not equipped to store such items.

Thefts from Barracks Rooms

Cameras and similar expensive items should be secured in a locked wall locker, locked containers, or in a unit supply room. Stereos and other similar electronic items should be secured the same way when the soldier is going on extended leave or will be absent due to a TDY or deployment. A barracks room is not a proper place to store more than minimal amounts of cash or valuable jewelry.

The Claims Office strictly applies company SOPs dealing with barracks security. Unless the soldier has an extremely good reason for not following the SOP, a claim for loss of an item will usually not be payable. For instance, claims for theft of money, in excess of that allowed by company SOP, will not be payable. Check with your commander or first sergeant about the use of the company safe and about the banking facilities available at Fort Sam Houston.

Appropriate security measures for safeguarding stereo equipment include locking doors and windows. Most units have a high value items list for their soldiers. This list documents the items and serial numbers, and is verified by the commander or first sergeant. When the

item claimed stolen is of unusually high value, sometimes there is a question as to whether the soldier ever owned the item. Proper use of these high value items lists usually eliminates these concerns.

Thefts from Government Quarters

Precautions should be taken to properly secure all doors, windows, and storage areas. Screened porches are not considered secure areas, neither is a carport. Care should be taken in deciding what to keep in such areas.

You are expected to take extra measures to protect cash, valuable jewelry, and similar small, easily pilferable items. Normally, such possessions should be kept in a locked container within a locked room.

When small valuable items are lost due to a theft in quarters, the nature of the items, their value, the area in which they were located, and their attractiveness to thieves are considered in determining whether you exercised the appropriate degree of care required in safeguarding the items.

It is not usually considered prudent to keep large amounts of cash or expensive coin collections unsecured in your home. Collections should be stored in a safe or a safe deposit box along with expensive jewelry. The amount of cash considered prudent to be kept in the home will vary under specific circumstances. Because of this, whether or not a claim for stolen cash will be paid will also vary.

Normally, it is not unreasonable to keep decorative items on display outside quarters. However, you are expected to exercise a degree of care consistent with the risk of loss. At installations where the risk of loss is high (high crime rate), you are expected to secure items of any significant value to make them difficult to steal.

Theft of Personal Property from a Privately Owned Vehicle

The passenger compartment and trunk of a vehicle are not considered proper places for the long-term storage of property unconnected with the use of the vehicle. Leaving any item of value in any portion of a parked vehicle is insufficient protection for the safekeeping of that item and is considered negligence. Temporary placement in a trunk while going from point A to point B, with short stops in between, is reasonable, but longer storage is normally considered insufficient.

Car stereos and compact disc players that are removable should be kept in the trunk only for short periods or taken with you when the vehicle is left unattended. Loss of car covers and car "bras" are payable only if these items are bolted or secured to the vehicle with a wire locking device. If your car's stereo has a removable faceplate, you should secure it when you leave your vehicle for extended time periods. Your failure to lock the vehicle

and remove or otherwise secure the faceplate of the radio may prevent payment of a claim if these items were stolen while on post.

Spare tires on pickup trucks, SUV's, and conversion vans should be secured with a chain and lock. Whether or not a

claim may be payable will depend on whether the claimant took extra precautions to secure the spare tire.

When on TDY or PCSing, possessions must not be left locked in the interior of a POV or its trunk.

Although it may seem excessively burdensome or unreasonable, nevertheless, all belongings must be carried into the guesthouse or hotel room overnight regardless of the time or effort required. Most hotels have dollies or luggage carriers for patrons' use. You must use all means necessary to safeguard your property.

Claims for theft of bicycles, motorcycles, and other easily movable vehicles may be paid provided proper measures were taken to secure the item. They must be secured to a fixed object such as a pole, post, or tree. Securing items by locking the wheels or handlebars together

is not good enough. Motorcycle helmets must be either taken with you or secured by a wire-locking device run through a hole in the helmet.

Vandalism on the installation

Vandalism incurred "incident to service" and on the installation may be compensable. Vandalism is defined as intentional damage (i.e., the keying of a POV). Stray marks caused by children playing, rocks or gravel thrown up by moving vehicles, falling branches, and similar events are not vandalism. Claims for vehicle theft and vandalism may be compensable, but the claimant must be able to show that the vandalism or theft occurred at quarters or on the military installation by clear and convincing evidence. Clear and convincing means that the evidence is persuasive that the event actually occurred at quarters or on the military installation, not just that it could have happened there.

Although losses caused by the above-described incidents may be compensated under claims regulations and federal law, the importance of having private insurance to cover these losses and others cannot be over-emphasized. In many cases, where a claim would not be payable in whole or in part under the Army Claims Program, private insurance will pay the claim. If you have private insurance, you must first make a claim against the insurance company before the U.S. Army will consider your claim for payment. In most instances, when the claimant has private insurance the U.S. Army will only pay the amount of the insurance deductible.

If you have any questions regarding claims, contact the Claims Office at 221-1973 or 221-2161.



Congressman Rodriguez helps pass the Cyber Security Enhancement Act of 2001

The House of Representatives overwhelmingly approved H.R. 3482, the "Cyber Security Enhancement Act of 2001." Congressman Ciro D. Rodriguez, an original co-sponsor of the legislation introduced by Congressman Lamar Smith, voted in support of the measure.

In addition to providing stiffer penalties for computer hackers, HR 3482 allows greater cooperation between law enforcement agencies and the private sector. The Cyber Security Enhancement Act also allocates additional resources for the fighting of cyber crime and to combat cyber terrorism.

"I am proud to join Congressman Lamar Smith, who sponsored this legislation, in passing a law that will help protect our homes, businesses and national infrastructure from cyber attacks," said Congressman Rodriguez. Computers have revolutionized how we work, communicate and live. Unfortunately, this makes us vulnerable to criminal invasion of our lives. Those who seek to attack our nation from cyber space are actively working to improve their skills. This legislation helps law enforcement fight these criminals and cyber terrorist threats."

It is through this exercise that other cities can model San Antonio's efforts and enhance the nation's security from cyber

attack. Congressman Rodriguez has become a vocal proponent for improving our defenses against cyber terrorism and preparing to respond to any threats that emerge.

"The danger is real," said Congressman Rodriguez. "If a cyber terrorist was able to gain control through our computer networks of key infrastructure, many lives could be lost."

Using his position on the House Armed Services Committee, Congressman Rodriguez has actively supported the Center for Infrastructure Assurance (CIAS), a partnership between The University of Texas at San Antonio and the Air Intelligence Agency at Lackland Air Force Base. In March, Congressman Rodriguez recommended that city leaders conduct a full-scale regional cyber-terrorism exercise he named "Dark Screen." With CIAS leadership and wide participation at all levels of government, Dark Screen has become a reality, with beginning exercises planned for this fall.

"With our high quality academic, military, governmental and private industry resources, San Antonio is set to become a national center of excellence for cyber-terrorism training and preparedness," said Congressman Rodriguez.

Fair compensation for damaged, missing household goods advice offered by post claims office

By Nelda L. Racca
Special to the News Leader

You’ve just arrived at your new duty station, Fort Sam Houston, Texas. Your household goods are delivered and, “the worst case scenario occurred,” some of your valuable belongings are damaged and some are missing. At this point, the most frequently asked question is, “What do I do now?” To assist you, we offer the following information about claim procedures for damaged or lost household goods:

The “Pink” Form - The most immediate step you must take is to submit the DD Form 1840/1840R to the Claims Office within 70 days of the day your household goods were delivered. At the time of delivery, the carrier will give the soldier or designated agent five copies of a two-sided pink form — DD Form 1840/1840R.

Identify all damages and or losses noticed at delivery on the front side of the DD Form 1840 by inventory number, name of item, and type of damage or loss. Do not let the delivery driver off the hook. If you notice loss or damage at delivery, make the driver put it on the form at that time. Proper identification is critical. Verify this information by using the inventory. The damage must also be described in detail. For example, damage to the top of a dining table might be described as follows: “right side of table top scratched and gouged,” or “left edge of top scratched, piece chipped off leg.” Just saying the tabletop was scratched is generally not sufficient. The carrier (delivery driver) and soldier must sign all 5 copies of the completed DD Form 1840; the delivery driver will leave three of the five copies of the completed form with the soldier.

Record Damages - As soon as possible, but not later than 60 days, examine every item in the shipment and record any additional damage or loss, which was not noted or listed at delivery on the reverse side of the pink form (DD Form 1840R) by inventory number, name of item, and the type/extent of damage or loss. Describe the damage as discussed above.

The “70-Day Rule” - Deliver those three copies of the completed pink form (DD Form 1840/1840R) to the Claims Office within 70 days of the date the household goods were delivered. Example: If your furniture was delivered September 1, you must bring the completed forms to Claims Office by November 10. Every day counts, including holidays and weekends. Try to do this as early as sixty days after delivery to allow adequate mailing time. The Claims Officer will retain two copies and the third copy will be returned to the soldier stamped with the date received, for use when the claim is submitted.

If you fail to comply with the 70-day rule, you will lose money - maybe a lot! When a carrier loses or damages your property, we are required to pursue a collection action against the carrier. If we cannot collect money from the carrier because you did not complete the DD1840R, or file it within 70 days of receipt of your household goods, the carrier is officially released from liability and the amount which could have been recovered from the carrier will be deducted from the amount payable on your claim. In most instances, this will result in complete denial of a claim. Discuss any anticipated delays in unpacking with Claims Office personnel to ensure you

meet the 70-day requirement. The 70-day time period cannot be waived. We have no choice; no matter how much sympathy we have for the loss.

To avoid such deductions and financial loss, notify the Claims Office immediately of all damages and/or losses incurred.

Do Not Discard Broken Items - The carrier has the right to inspect the damages claimed on the DD1840/1840R. This inspection must be performed within 75 days from the date of delivery or within 45 days from the date the pink form (DD Form 1840/1840R) is sent to the carrier, whichever is later. Therefore, do not dispose of broken items, or the boxes they were packed in, without talking to the Claims Office first.

Private Insurance Claims - If you have private insurance coverage for damage to or loss of household goods during shipment, you must notify your insurance carrier within the required time limits set forth in your policy. Failure to do so may also result in deduction of any

potential recovery by the Government.

File within Two Years - Another requirement to keep in mind is that you must file your claim within two years from the date of delivery. This is a statutory requirement and may not be waived. Do not mistake the date you turn in the pink form (DD Form 1840R) to the Claims Office for dispatch to the carrier for computing the two years. The two years are computed from the date of delivery.

If you have suffered a loss or damage and have any questions regarding the submission of your claim, do not hesitate to call the Claims Office, Office of the Staff Judge Advocate, U.S. Army Garrison. The Claims Office is located in Building 153, open from 7:30 a.m. to 2:30 p.m., Monday, Tuesday, Thursday, and Friday. The office is closed on Wednesday. Exceptions to these hours are made if you are at or near the 70-day deadline. The telephone numbers are 221-2161 or 221-1973.

Claims Office assists post residents with property damage due to floods

Quarters occupants who may have sustained property damage due to flooding resulting from the current heavy rains should contact the Claims Office for advise on the proper procedures for submitting a claim for those damages. Do not dispose of any items until Claims Personnel inspect the damages. If you have insurance coverage, you must also contact your insurance agent and file a claim with that company prior to filing with the government. The Claims Office is located in Bldg. 153 and the telephone numbers are 221-1973 or 221-2161.

Software idea gets soldier \$5,000 bonus

By Staff Sgt. Marcia Triggs
Army News Service

An Army program that encourages better-business ideas landed a senior noncommissioned officer a \$5,000 bonus for his software design.

Sgt. 1st Class Vince Marroquin, an Ordnance Branch force integrator at the U.S. Total Army Personnel Command, was presented with a symbolic 3-foot-long check signed by Uncle Sam, July 16, in a suggestion-award ceremony. The money came from Marroquin's command, and was sent to his account at an earlier date through direct deposit.

The Soldier Assignment Module, Marroquin's innovation, was introduced Armywide in March. The software merges Army requirements with the assignment preferences of soldiers. SAM is used directly with the Assignment Satisfaction Key, which gives soldiers the capability to post assignment preferences online directly into the Total Army Personnel Database.

PERSCOM officials explained how the SAM software works with ASK to help

careerists and also fill the needs of the Army. For instance, career management branches are periodically given requisitions for special assignments such as drill sergeant duty, recruiting and airborne positions. The software can identify qualified candidates and also show who volunteered through ASK for those assignments.

By seeing that the Army had a need and by developing a product to meet that need, Marroquin shows that the NCO corps has initiative, is driven and is leading the Army to do things quicker and better, said Col. Jeff Redmann, the deputy director for PERSCOM's Enlisted Personnel Management Directorate.

Marroquin, who is a man of few words, said that he wasn't expecting the recognition, and he's extremely proud to have developed something that can have a positive impact for the U.S. Army.

All the publicity seems to embarrass Marroquin, said Sgt. Maj. Oscar Garcia, sergeant major for the Ordnance Corps career management branch. He's truly humble, and sees what he's

done as just doing what an NCO is supposed to do, Garcia added.

The cash award was given to Marroquin by PERSCOM, but the Army Suggestion Program facilitated the paperwork, and under the program commands are able to reward soldiers, said Sonny Jones, the program coordinator for Resource Management, U.S. Army Garrison, Fort Belvoir.

The Army Suggestion Program is intended to encourage employees and soldiers to improve present policies,

Sgt. 1st Class Vince Marroquin with U.S. Total Army Personnel Command received a cash award for creating, the Soldier Assignment Module, a software program that merges Army requirements with the assignment preferences of soldiers. SAM is used directly with the Assignment Satisfaction Key, an online program that allows soldiers to post assignment preferences directly into the Total Army Personnel Database.

practices, and regulatory constraints, which do not facilitate good management, according to Army Regulation 5-17.

"Marroquin's idea was submitted to the program on his behalf because it was fabulous, and it revolutionizes how we make assignment choices," Garcia said.

The evaluating command determined the type of award to

be given, and judged Marroquin's idea as exceptional, Jones said.

"Money talks," Jones said. "There's scarcely a better way to promote the Army Suggestion Program than for people to hear someone received a healthy cash award for an idea they submitted. For small suggestions, tokens such as paperweights and notebooks have been given.



Photo by Catherine Phillips

ACS features programs to help soldiers and their families

By Emily Freeman
Special to the News Leader

The Army Community Service located at the Roadrunner Community Center, Building 2797, Stanley Road on Fort Sam Houston, provides the following services for soldiers and their families:

Army Relocation Assistance Program

The Army's Relocation Assistance Program (RAP) has been an integral part of Army Community Service (ACS) since 1965. It began with a few services designed to assist Army families as they moved around the world. One of the first services was the Lending Closet, which provided for the temporary loan of basic household equipment for families to use until their own furnishings arrived. Now RAP has expanded to include newcomer orientations, pre-departure counseling, automated destination information through the SITES program, and many other services.

Army Family Action Plan

The Army Family Action Plan (AFAP) is input from the people of the Army to Army leadership. It's a program that lets soldiers and families say what's working,

and what isn't - AND what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention, and it gives them the opportunity to quickly put plans into place to work toward resolving the issues. AFAP gives commanders a gauge to validate concerns and measure satisfaction; enhances Army's corporate image; helps retain the best and brightest; results in legislation, policies, programs and services that strengthen readiness and retention; and safeguards well-being.


Employment Readiness

The mobile Army lifestyle can restrict an Army spouse's opportunities for employment and career advancement. The Employment Readiness service is designed to help spouses find and secure employment. The major focus of Employment Readiness is teaching effective job hunting skills and providing employment skills-building training. The Employment Readiness also provides self-assessment tools that are needed by junior enlisted spouses, spouses new to the military, and spouses who lack employment experience. The Employment

Readiness supports the Army philosophy of creating self-reliant and self-sufficient families by providing employment and career-related services to Army families. It does so by empowering clients to manage their work lives in a way that is personally satisfying and consistent with their financial needs despite the obstacles posed by mobility. The Employment Readiness perspective is thus long-term and career-oriented.


Morale, Welfare and Recreation (MWR) encompasses a variety of programs and services that enhance the well-being of the soldier, family member, retiree, and civilian. Promotional efforts feature all of those programs, proving that "MWR is for all of your life."

Visit us at www.armymwr.com




MWR


is for all of your life



Relocation Services




Army Family Action Plan



Spouse Employment

Serving America's Army
U. S. Army Community and Family Support Center



Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them.

If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



DoD backs changes to law protecting former military spouses

By Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

DoD has sent a report to Congress with several recommended amendments to the controversial Uniformed Services Former Spouses' Protection Act.

Veterans and former-spouse advocacy groups have battled for years over the 1982 law. As part of the fiscal 1998 defense authorization act, Congress directed DoD to study the issue and make recommendations.

In the week before Sept. 11, 2001, DoD reported its findings and recommendations to Congress. "To date, Congress has not included any of these recommendations in pending legislation," said Army Lt. Col. Tom Emswiler, a military attorney in the Pentagon and one of the report authors. Congress also hasn't scheduled hearings on any of the issues addressed in the report, he added.

One major change that veterans groups have sought is for divorce courts to compute payments to the former spouse based on the date of separation or divorce rather than retirement. DoD felt the proposal had merit and recommended Congress amend the law appropriately, Emswiler said.

Currently, he explained, if an officer divorces as a captain with 10 years of service and then goes on to make colonel and retires with 25 years of service, the ex-spouse would be awarded a percentage of the officer's retired pay at career's end.

The ex-spouse benefits from the officer's successful post-divorce career.

"That is inconsistent with the way state courts divide other assets," Emswiler said. "They typically draw a line at the time the parties separate or divorce depending on the state laws. In this case, we thought it not appropriate that the ex-spouse would benefit from promotions received after divorce."

Another DoD change would end the so-called 10/10/10 rule that governs when the Defense Finance and Accounting Service pays former spouses their portion of retired pay directly. Direct payments are allowed if the member served at least 10 years, the marriage lasted at least 10 years, and 10 years of the marriage coincided with the member's service on active duty.

The DoD report recommends former spouses receive direct payments from DFAS whenever they're awarded any portion of retired pay. Among other things, Emswiler said, ending the rule would help ensure that income tax reporting is done correctly.

Common misconceptions among military folks are that the 10/10/10 rule determines whether a former spouse is entitled to a share of retired pay and the formula courts use to compute that share. Not so, he said, adding the rule only determines who makes the divvy — DFAS or the retiree.

The report proposed changes to the

Survivor Benefit Plan as well. Military members at retirement can elect to pay for SBP coverage every month and, upon their death, their beneficiary would continue receiving a percentage of the deceased member's retired pay.

Under current law, members can elect the SBP for only one spouse, current or former. A clause in many divorces requires military members to elect the SBP on their former spouse's behalf upon retirement. The first former spouse who obtains such a clause in a settlement freezes out any subsequent spouse and family the member might have.

Emswiler said the DoD report team researched SBP and decided current practice is unfair to the member and subsequent spouses.

"You might have a former spouse who was awarded 10 percent of the member's retired pay, yet when the member dies that former spouse will receive 100 percent of the member's SBP," he said. "Members remarry also, so we thought it was appropriate that SBP benefits should be divisible among multiple spouses."

He said the report recommends that SBP benefits be assigned based on the share of retired pay former spouses receive. "There ought to be a presumption that the former spouses' share of SBP payments is consistent with the share of retired pay they receive," Emswiler said.

Another proposed change would make it easier for former spouses to ensure the

retired members are paying SBP premiums as ordered. Under current law, a judge can order the member to pay SBP premiums for a former spouse upon retirement, but the former spouse is out in the cold if the member doesn't.

A little-known rule in the current law gives former spouses one year from the date of divorce to file the court order with DFAS. After that year, former spouses' only recourse is to go back to court if they didn't file and the retiree defaults on SBP premiums.

The DoD report to Congress recommends doing away with the one-year filing requirement. The team felt the former spouse should be able to inform DFAS at any time if the retired member is required to be paying SBP premiums.

The DoD report recommended no changes on two issues — retired pay sharing when a former spouse remarries and the division of disability payments from the Department of Veterans Affairs.

Currently, the law says nothing about ending the sharing of retired pay with former spouses who remarry. Emswiler said the report recommends no change because the law allows courts to award the share of retired pay as property, not as alimony or support payments. Typically, no one returns property they've been awarded just because they remarry, he noted.

"We did not think it appropriate to put some sort of restriction in the act that says payments stop if the former spouse remarries," he said.

The DoD report did not make a recommendation on the division of VA disability payments, Emswiler said. Former spouses want the law changed to give them a portion of such payments.

Under current law, he explained, military members awarded VA disability payments forfeit an equal amount from their retired pay. The member benefits because disability payments are tax-free.

However, members awarded 100 percent disability forfeit all their retired pay. Former spouses awarded a share of retired pay would receive a share of zero. Military members argue that disability payments are for medical issues they shoulder alone, and so ex-spouses aren't entitled to share.

"We decided that's a matter that should be settled between VA and Congress," Emswiler said. "We said it isn't appropriate for DoD to get involved in how VA disability compensation should be handled."

He said legislation is pending in both houses of Congress that would allow for at least partial concurrent receipt of VA disability and military retired pay. If the legislation were to pass, he said, members would still be entitled to retired pay to divide with former spouses regardless of VA disability. This point of contention in the Former Spouses' Protection Act would go away, he added.

Emswiler stressed DoD committee members consulted state bar associations, military attorneys, and veterans and former spouse associations before they submitted their report and recommendations to Congress.

"We really did the best job that we could to solicit the input from people who were affected by this to make sure we identified all the issues and were aware of their points of view," he said. "What we really hope we came up with is a report that's fair and balanced. We went into this with an open mind."

Air Force women surveyed report health challenges during Gulf service at recent symposium

By Gerry J. Gilmore
American Forces Press Service

Air Force women deployed to the Middle East a decade ago faced unique health and emotional challenges as they successfully performed their missions during the Persian Gulf War, a military researcher noted.

Air Force Reserve Col. Penny Pierce, a flight nurse who served six months in Saudi Arabia during the Gulf War, was one of 30 speakers at a recent Health Issues of Military and Veteran Women symposium at the Military Women’s Memorial at Arlington National Cemetery.

During her presentation, “Deployment Considerations of Military Women,” Pierce discussed findings from her recently concluded 10-year health surveillance study of 521 Air Force women who had served in the Gulf region during Operations Desert Shield and Desert Storm.

“One of the things we wanted to do was just to document and describe those physical and emotional health effects of women who served during that time,” Pierce said, noting little official research was available on how deployments affect military women before her survey.

Pierce said her findings also helped researchers to determine how the women’s families fared following deployment, specifically their dependent children.

Although a lot of strides have been made in addressing military women’s health issues in the past decade, her survey indicates that more work remains, she said.

An associate professor of nursing at the University of Michigan’s School of Nursing, Pierce noted that survey answers and written comments reveal several gender-specific health challenges women faced once they reached the Persian Gulf.

Those concerns, she noted, included inadequate field latrines, a shortage of physicians knowledgeable about women’s health concerns, local clothing customs that caused great discomfort among

women and, not unexpectedly, concern for children back stateside.

“Even despite some of the reported difficulties women have had, the singular message they want to convey — that they asked me to convey — is that they are proud to serve, they want to serve — despite everything,” Pierce emphasized.

The colonel said survey respondents pointed out that most field latrines they encountered offered little or no privacy. Some had barriers to screen users, but respondents noted that most were inadequate. The situation embarrassed many of the women and caused them to endanger their health, she noted.

Women aviators and other aircrew members, she said, were especially peeved. They had to pull down their flight suits while using latrines and that required them to disrobe in plain sight of the men, she said.

Because of the lack of privacy and routine long lines to use latrines, Pierce said many women surveyed reported holding off and waiting for less crowded moments at the latrines. That practice leads to urinary tract infections, which women report often while on field operations, she pointed out.

Pierce noted bottled water was plentiful in the hot Gulf climate, but the Air Force women said they limited their water intake to delay trips to the latrine. Many women became dehydrated as a result, she said.

Health care for women was another hot topic, Pierce said, noting that having “timely gender-specific health care in deployed locations ... is probably the most important thing” the women cited in the survey.

Respondents noted that most health care providers they encountered were not physicians, but male medics who knew little of female health concerns.

As a consequence, Pierce pointed out, many respondents said they simply put off addressing health issues until they could see a doctor — preferably a woman. The

Air Force women, she added, also cited the scarcity of female physicians in the Gulf.

Skin infections caused by continual wearing of full field uniform outside in the hot climate was another issue cited, Pierce said, noting that American service women had to be fully clothed when outside to comply with local cultural concerns.

“In Saudi, women couldn’t take their shirts off, like men, to get cool; we (also) had to keep the long sleeves down ... because of the culture,” she explained.

Turning to “home front” issues, Pierce noted that Air Force women deployed to the Gulf who had children back home had more emotional worries than women — and men — without children.

Pierce noted that differences between women and men should be leveraged rather than magnified in order to make the U.S. military stronger and more efficient. Information provided by long-term studies like the Air Force women’s deployment survey, she added, can help to make that so.

“The take-away message, I think, from the subjects in my study the past few years is they are proud to serve their country,” Pierce said, noting that military women comprise about 15 percent of the active duty force.

Military women are proud of their service and “don’t want to come across as complainers,” Pierce said. However, she emphasized that the Gulf War survey of Air Force women illustrates genuine concerns.

“We want to speak to the data,” Pierce explained. “The more research that we do where we have quality data, then we can make quality policy decisions that best support women in military service.

“Perhaps that’s what we need to listen to,” she continued. “How can we help women perform their duties, stay committed to a military career, do their job, without the barriers and hindrances that we currently put in their way?”

Army Dr. (Lt. Col.) Elspeth Cameron Ritchie, the program director for women’s health issues within the Office of the Assistant Secretary of Defense for Health Affairs, was a major organizer of the symposium. A military psychiatrist, she agreed that Pierce’s work raised significant concerns of deployed women.

“We have been attempting to make headway in this arena,” Ritchie said. “There are now a number of pamphlets and other resources of information to teach both women and the chain of command about the importance of personal hygiene, adequate hydration, private latrines, and other methods to reduce infections.”

She said important research is now ongoing within DoD regarding the provision of adequate latrine facilities for all deployed troops. She noted that ongoing research efforts outside DoD are examining the development of kits to self-diagnose and treat urinary tract infections.

Still, field hygiene is a leadership issue, Ritchie said. “Women usually will not complain, but they may vote with their feet and get out,” she remarked.

A76 Initial Decision announcement scheduled for July 29

The public announcement of the results of the Base Operations Services and Visual Information A-76 studies has been scheduled for July 29 at 3 p.m. at the Fort Sam Houston main post flagpole on Stanley Road. Further details concerning this announcement will be published, as they become available.



DoD expands SHAD investigation

The Department of Defense announced July 9 an expansion of the Shipboard Hazard and Defense investigation. A team of investigators will travel to Dugway Proving Ground in mid-August to review Deseret Test Center records.

“DoD has an obligation to all servicemembers - past and present - to keep them informed of any event during their military career that might threaten their health,” said Dr. William Winkenwerder, assistant secretary of Defense for Health Affairs.

“We are committed to providing the Veterans Administration with the medically relevant information as quickly and efficiently as possible.”

The Shipboard Hazard and Defense program was a subset of Project 112, a chemical and biological weapons vulnerability-testing program conducted by the Deseret Test Center from 1963 to 1969. The tests consisted of joint exercises involving the Army’s Deseret Test Center, several Army and Navy vessels and Marine Corps and Air Force aircraft. Some veterans have expressed concern that they may have been exposed to harmful substances during these classified tests. To date, DoD has published 12 fact sheets that chronicle ships and units involved in the tests, when the tests took place, and the substances to which the crews may have been exposed. So far,

investigators have identified approximately 2,700 to 2,800 servicemembers involved in these 12 tests, many in more than one test.

Winkenwerder says the declassification of ship and personnel information for an additional 17 SHAD tests is under way; completion and publication of additional fact

sheets is expected in early fall. The work to be done at Dugway in August will complete the investigation of all Project 112 tests conducted by the Deseret Test Center.

“We plan to augment staff as needed to finish this task efficiently and quickly,” he said. “We owe our SHAD veterans resolution to events that took

place four decades ago.” Veterans who believe they were involved in SHAD tests and desire medical evaluations should call the VA’s Helpline at (800) 749-8387. SHAD fact sheets are available on line at http://deploymentlink.osd.mil/current_issues/shad/shad_intro.shtml.

Want to get TRICARE answers, assistance via E-mail? Send your message to mailto:TRICARE_Help@AMEDD.ARMY.MIL or <mailto:QUESTIONS@tma.osd.mil>

To be automatically removed from this mailing list, send a message to <mailto:Health-OFF@PASBA2.AMEDD.ARMY.MIL> (subject/body may be left blank)

To be automatically added to this mailing list, send a message to <mailto:Health-ON@PASBA2.AMEDD.ARMY.MIL> (subject/body may be left blank)

Report mailing list problems to <mailto:POSTMASTER@PASBA2.AMEDD.ARMY.MIL>

By Rick Brink
Special to the News Leader

Commissary customers have a good reason to shop their commissary more often thanks to “Manager’s Specials” - short-term sales offering extra low prices on popular products.

“The low prices and short promotional periods of Manager’s Specials create a win-win-win situation for commissary customers, DeCA and the manufacturers of the products we sell,” said Alan Jones, deputy chief of the Defense Commissary Agency’s Marketing Business Unit.

Customers win because they’re getting extremely low prices on high-demand products; manufacturers win because the low prices help attract customers to buy more of their products; and DeCA wins because it’s able to deliver greater savings to customers, Jones said.

DeCA first tested Manager’s Specials in selected commissaries a year ago. “The enthusiastic response by customers spurred its offering in all of our stores,” said Bob Vitikacs, DeCA’s executive

director for operations and product support.

Because the prices are so low and these are popular products, the sales typically last only three days to a week. “The short promotional period is why we say ‘It pays to shop every day’ when we talk about Manager’s Specials,” Jones said. “Many customers are in the habit of shopping on pay days or monthly, but they need to shop more regularly at the commissary in order to take advantage of all the sales we offer them.”

The specials are easy to spot in stores because they are prominently displayed with red and yellow “Manager’s Special” signs. Customers can also visit the shopping page of DeCA’s Web site, www.commissaries.com, to find the Manager’s Specials in their local store. Manager’s Specials are a feature on the “Savings Aisle.”

Manager’s Specials are similar to DeCA’s popular Best Value Items program in that they both offer great low prices, according to Jones. But that’s where the similarity ends.

DeCA launched the BVI

program two years ago in response to feedback from young, active-duty military members who wanted quality products that matched or beat commercial grocer’s “store brand” products. BVIs are not necessarily the most familiar name brands, but they are consistently the least expensive brands compared to store brands sold in commercial grocery stores. Manager’s Specials are generally top selling; recognizable brands at deeply discounted prices, on sale for a short time.

The Defense Commissary Agency operates nearly 280 commissaries worldwide, providing groceries to military personnel, retirees and their families. Authorized commissary patrons purchase items at cost plus a 5-percent surcharge, which covers costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$2,400 annually for a family of four.

DeCA’s core military family support element, and a valued part of military pay and benefits.

Tiny chiggers leave lasting impressions of summer

By Bill Wildman
Special to the News Leader

It would be pretty safe to say that not many creatures on earth can cause as much torment for its size as the tiny chigger. Summertime activities may find you out walking in grassy areas and you may remember your first-hand experience on just how bad the intense itch caused by this critter can be.

There are numerous species of chigger mites, but lucky for us only a few species attack man. The tiny larvae stage not only attacks campers, hikers, fishermen, and picnickers but also feeds on a wide variety of snakes, birds, turtles, and small mammals as well.

Chiggers are related to ticks and spiders. And like ticks, they pass through four stages of development: egg, larva, nymph, and adult. In the adult stage chiggers are often seen as a bright red, small mite crawling in the soil. Adults are considered harmless to humans as they alternatively dine on mosquito eggs in the soil as well as other mites. The adult chiggers overwinter slightly below the soil and become active as the soil starts to warm in the spring. As the soil temperature reaches 60 degrees, the female begins to lay up to 15 eggs per day.

Multiple generations may occur in warmer climates within

a single season. In parts of the U.S., two or three generations develop each season with the life cycle of about 50 to 75 days per generation.

The eggs hatch in early summer and the six-legged larvae can be found in almost any vegetation. Chigger larvae prefer grass stems, shrubbery, sticks and leaves in damp and shaded spots. They can cling to either the top of the vegetation or the bottom near the soil. They are alerted to the approach of a suitable host by many factors. Most commonly they are attracted by the carbon dioxide exhaled from a host or even by the host's body odor.

As the chigger larva snags a passerby, it roams around on skin or clothes unnoticed due to its almost invisible size. It is only about 1/150 of an inch in diameter. Chiggers' preferred dining locations are where clothing fits tightly over the skin such as the belt line, waistline, under socks or where skin is tender or wrinkled such as the ankles, the backs of the knees, armpits, or the groin.

Chigger larvae do not burrow into skin. Nor do they take blood meals. They bite or pierce the skin and inject powerful digestive enzymes that cause the skin cells to break down and liquefy. As the cells break down, the immune system walls off the

area where each chigger injected its saliva. This forms a hardened tube, called a stylostome, through which the chigger feeds just like a straw. If nothing disturbs its meal, it will feed for a few days. After it becomes full, it drops off the host, then transforms into the eight-legged nymph stage that in time will mature into an adult chigger. Chiggers are not known to transmit diseases in the United States.

The treatment of chigger bites probably has as many homespun remedies as any medical condition known. With itching this bad, most anything is worth a

try. The itch is so severe that amputation can cross one's mind. Scratching is a no-no because it can cause secondary infections. However, I have personally thought of using a wire brush for relief. For temporary relief of chigger bites, ointments such as benzocaine, hydrocortisone, calamine lotion, and others recommended by your medical doctor or pharmacist may be applied. The sooner you start treatment, the sooner you'll get relief.

Prevention of the bite is the best way to deal with chiggers. To help reduce the chigger population, cut back weedy areas

and thick vegetation to decrease moisture and shady areas. Another precaution when going on a picnic or fishing trip — protect yourself by applying insect repellent to your clothing and exposed skin surfaces. Check the label on insect repellent formulas made for children and follow the product's instructions. Permethrin treatment for clothing is available at hardware and outdoor sports stores and works great for protection against chiggers, ticks, mosquitoes, and biting flies. Again, follow the product label. Source: An Irwin Army Community Hospital release.

Be aware of FSH stray animal policy

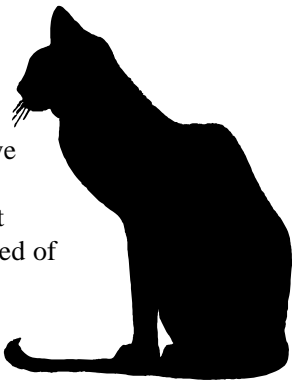
In accordance with Fort Sam Houston Regulation 40-3, stray animals are not allowed to run loose on post. Animals impounded by the military police are taken directly to San Antonio Animal Control, located at 210 Tuleta Street near Brackenridge Park and the San Antonio Zoo.

Animals with identification tags or microchips will be held for ten days and the Fort Sam Houston Veterinary Clinic will be notified of animals owned by personnel living on post. Pet owners will be responsible for boarding fees of \$7 per day, rabies vaccinations of \$10 and euthanasia and disposal fee of \$30 per animal.

If your pet is involved in a biting incident and has current rabies vaccinations, you can apply to the post Veterinary Clinic for home quarantine. Make sure your pets are registered on Fort Sam Houston, have their rabies vaccinations and are wearing their tags at all times.

To find a lost animal, you may contact San Antonio Animal Control at 207-6660. Animals not claimed within three working days will be disposed of through adoption or euthanasia.

For more information: Contact the Fort Sam Houston Veterinary Treatment Facility at 295-4260.



Test your knowledge of FSH historic buildings

This week, in honor of AMEDD Regimental Week activities, we have a medically-related quiz. How well do you know your post hospitals? Five of the six buildings shown were hospitals at Fort Sam Houston. Your mission, if you choose to accept it, is to figure out which ones were hospitals and arrange them in the order that they were built. If you fail, the Surgeon General will deny all knowledge of your activities. This newspaper will self destruct in ten seconds (not really). Good luck!

Correct answers will be hermetically sealed in Tupperware until 10 a.m. on Thursday. The decision of the judges is final. Correct answers are determined from information at the Fort Sam Houston Museum. The correct answers will be published in a later issue of the News Leader.

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Last week's history quiz answers

Here are the answers to last week's quiz, listing the events in the correct order:

- 1815 - The War of 1812 ends
- 1842 - FAX machine is patented
- 1886 - Coca-Cola is invented
- 1890 - Fort Sam Houston is named "Fort Sam Houston"
- 1893 - First authorization for the purchase of toilet paper by the Army
- April 22, 1910 - Former Contract Surgeon Leonard Wood is appointed Army Chief of Staff
- 1911 - The Oreo Cookie is invented
- 1915 - John L. Clem, last serving Civil War veteran, retires

from the Army

- November 1, 1939 - Army adopts C-Rations as standard
- December 29, 1967 - Theodore Dobol is the first soldier appointed as Command Sergeant Major

No one had all ten of the events correct.

How well did you do? Score your answers:

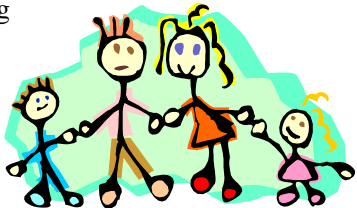
- One to three correct answers, you are the weakest link.
- Four to six correct answers, eligible for Jeopardy.
- Seven to nine correct answers, History Channel addict.
- Ten correct answers, call "Win Ben Stein's Money" right away!

Army Community Service Family Advocacy Program

July Class Schedule

Class Title	Dates	Class Time
Building Effective Anger Management Skills (BEAMS)	23, 30	11 a.m.-12:30 p.m.
Common Sense Parenting	24, 31	11 a.m.-1 p.m.
Coping w/Difficult People	18	Noon-1 p.m.
Duffel Bags for Babies	24	8 a.m.-Noon
Nurturing Program	23	1-4 p.m.
Playgroup	23, 30	9-11 a.m.
Pregnancy and Childbirth	25	9 a.m.-Noon
Single Parent Support Group	26	11 a.m.-1 p.m.
Women Encouraging Women	25	11 a.m.-Noon

Feel free to bring a brown bag lunch to classes scheduled during the hours of 11 a.m. to 1 p.m. To sign up for classes or for more information, call ACS Family Advocacy Program at 221-2334 or 221-2350.



Open Season for the Federal Long Term Care Insurance Program is now through December 31

Will you need long term care?

· Approximately 60 percent of people who reach age 65 will require long term care at some point in their lives.

· Forty percent of people receiving long term care are between ages 18-64.

Are your finances at risk?

· The national average annual cost of nursing home care is \$52,000 and is expected to rise to \$190,600 by 2030.

· Home health care costs are high as well. The national average annual cost of home health care is \$20,000 (that's \$18/hour, five hours a day, five days a week for a home health aide) and is expected to rise to \$68,000 by 2030.

Did you know that

many financial advisors recommend long-term care

insurance as part of a client's total financial plan?

Whatever your age, long term care can be one of the best and most economical ways to help pay for long term care, should you ever require it. "Don't let the high cost of long term care jeopardize your savings - or burden the lives and finances of those who care about you most! Find out if the new Long Term Care Insurance Program is right for you," said Kay Coles James, Director, U.S. Office of Personnel Management.

Four Great Reasons to Learn More:

- The Program Is Sponsored by the U.S. Office of Personnel Management and backed by two leading insurers
- You can save with group premiums
- Care provided by family and

friends is covered

· You're covered in the U.S. and abroad

Act Smart! Get a free Open Season information kit and application. Call 1-800-LTC-FEDS (1-800-582-3337) (TDD 1-800-843-3557) or visit www.LTCFEDS.com. Log on to www.LTCFEDS.com to see a listing of on-site Program Educational meetings near you. Please note that the application for Open Season is different from Early Enrollment. Only Open Season Applications may be used to apply.

The Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management and offered by John Hancock and MetLife.

TCOs serve important role in telecommunications

Telephone Support - Telephone Control Officers (TCO) serve in a critical support role and must provide written approval before the Information Technology Business Center can respond to their organization's requests for reimbursable telephone services. The requirement for TCO's involvement may delay ITBC's delivery of service when the TCO's identity is unknown and a signature cannot be obtained quickly.

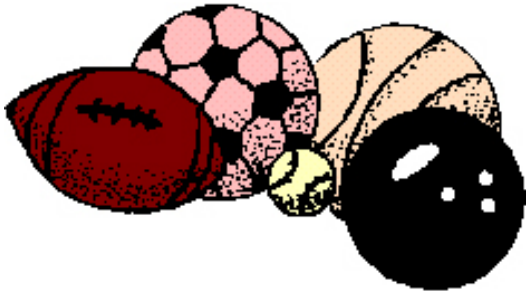
ITBC now offers a web interface for its Fort Sam Houston telecommunications customers to easily identify their organization's designated TCO. Commanders or organizational leaders can also use this Intranet web site to add, change or delete their designated TCO. This web interface is available on the Fort Sam Houston Intranet at <https://fsh-intranet.amedd.army.mil/nxitbc/tco/>. Call 221-1060 for assistance regarding telephone work orders or TCO duty appointments.

Sports Standings

X-tramural Basketball Standings

As of July 15

Team	W	L
BAMC	7	1
USAG	7	1
Ill Funk	6	2
DFAS	5	3
Old School	3	5
NCO Academy	3	5
5 th Bde	1	7
Co A STB	0	8



July 13

Ill Funk	64	Old School	62
USAG	73	5 th Bde	43
BAMC	1	Co A STB	0(Forfeit)
DFAS	67	NCO Academy	56

Intramural Golf Standings

As of July15

Place	Team	Points	Place	Team	Points
1 st	USAG/CPAC	32	12 th	HQ 5 th Army #3*	21.5
2 nd	VETCOM	32	13 th	BAMC #1*	20
3 rd	CSBPO Plus	31.5	14 th	MEDCOM #2*	18
4 th	ISR	28	15 th	5 th Recruiting Bde	16
5 th	Co C Acad Bn (DMRTI)	26.5	16 th	C Co 2/1 '42 nd Inf #2	15
6 th	BAMC #2	25	17 th	NCO Academy	12
	STB	25	18 th	Co C 2/142 nd Inf #1*	11.5
8 th	HQ 5 th Army #1	24	19 th	MEDCOM #1	5.5
9 th	HQ 5 th Army #2	23.5	20 TH	232 ND Med Bn	0
10 th	187 th Med Bn	22			
	ITBC	22			

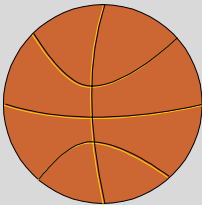
*Indicates Commander’s Cup Representative

Recreation and Fitness News

Get Your Body in Shape - Aerobics classes offered at the Jimmy Brought Fitness Center include, Water Fitness, Low-Impact Step, Kick Step Combo, Cardio Step and more. For information and class schedule, call Lucian Kimble at 221-2020 or 221-1234.

Power Lifting Team – Power lifters are needed to form team for competition. Compete in Squatting, Benching and Dead-Lifting, for information or to register, call 221-2020 or 221-1234.

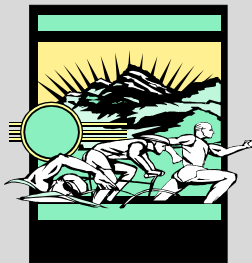
Varsity Basketball - Coaches are needed to coach basketball. If interested, send your resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320 or via e-mail earl.young@cen.amedd.army.mil. For information, call 221-1180.



Varsity Flag Football - Coaches are needed to coach flag football. If interested, send your resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320 or via e-mail earl.young@cen.amedd.army.mil. For information, call 221-1180.

Party at the Aquatic Center! - Host your unit’s next function or schedule a private party at the Aquatic Center. The fee is \$60 per hour with a 2-hour minimum, 4-hour maximum. All parties must be scheduled before the pool opens for the day or after it closes for the evening. For information, call Sam Parisi at 221-4887.

Heart of Texas Triathlon Series - Three more triathlons in the Heart of Texas Triathlon series are scheduled for July 14, August 4 and August 18. All triathlons start at the Fort Sam Houston Aquatics Center, 3300 Williams Road. Early registration for these races is a must, for information, call 221-1234 or 826-1888. The Heart of Texas Triathlon Championship is (tentatively) scheduled for September 8 at Canyon Lake.



Bench Press Contest - Get set for the September 21 Bench Press Contest at the Jimmy Brought Fitness Center. Weigh-ins will be held from 9:30 to 10:30 a.m., the competition will start at 10:40 a.m. For information, call Lucian Kimble at 221-2020.

Lunch Hour Fitness Clubs - The Jimmy Brought Fitness Center offers lunch hour fitness clubs geared for your lunch hour workout. Call Lucian Kimble at 221-2020 for more information on these interesting workout sessions.

60 Days of Fitness – The Fitness For Your Health Office at the Jimmy Brought Fitness Center will be offering another session of the “60 Days of Fitness” Program August 5 through October 5. A \$10 fee will be charged to each participant. For information, call 221-2020.

Note: Canyon Lake Recreation Area is closed due to flooding until further notice. For information, call (830) 964-3387.



Fort Freebies

All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.



For Sale: Three Belgian rugs, one 61/2' by 9'4'(blues/grays), \$125, one 8' by 11'ft. (browns), \$150., and one 6' 8" by 9' 3" (browns), \$50. Also a men's 14-speed bike for \$40 and a women's 10 speed bike for \$25. Call 490-3048 any time day or evening.

For Sale: 86 Yamaha XJ700S Maxim, new tires, recently tuned up, runs great, \$1,050 obo. Call 299-5292 evenings or leave a message at 722-1378.

For Sale: Whirlpool dishwasher, like new, \$70. Men's 26" bike strong coaster type in excellent condition (hardly used) includes rear child seat, \$50. Call Fred at 938-6507 daytime.

For Sale: Matching sleeper sofa, loveseat and wing back chair, blue/mauve color, in good condition. Call 210-403-9838 or email bosetti@ix.netcom.com.

For Sale: Two 19" Color TV's \$80 each or \$140 for both. Call 661-0411.

For Sale: 1984 Chevy Deluxe truck, \$800. Call 657-4766.

For Sale: Seafair 18 ft-V-hull cubby cabin boat and trailer, 120-hp inboard-outboard motor, need some work, \$1,195 obo. Call (830) 393-9212 after 7 p.m.

For Sale: Four-tier black metal computer desk with chair. Desk and chair are on casters, \$35 firm. Ask for Mac at (210) 493-0183.

For Sale: Four 14" Mags with tires (P235), will fit a Ford Ranger, must see. Complete set \$200. Call (210) 566-6730.

For Sale: 1991 black BMW 325I, runs great, looks sharp, new tires, sunroof, leather interior, \$3,500 obo. Call (830) 609-5711.

House For Sale: Two bedrooms (large master), one bath, den, one car garage, hardwood floors, vinyl siding exterior with large fenced yard. Located approximately three

miles from Fort Sam Houston. Tenant occupied, but easy to show, \$66,000. Call Mac at (210) 493-0183.

Yard Sale: Saturday, July 20 from 9 a.m. to 5 p.m. Items for sale include bikes, tools, women's western clothes, lots of furniture including antique tulip win-back chairs, loft bed and more. Place 4407 Longvale, San Antonio.

Yard Sale: Saturday August 3 the Madonna Neighborhood Center, 1906 Castroville Road is having a huge yard sale from 9 a.m. to 3 p.m. For information call Media L. Miller at 432-2374.

Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Speech Therapy Assistant - San Antonio - Local health care service seeks licensed, full and part time speech language pathologist, CFY speech therapists, and speech therapy assistants. Candidate will visit patients at their homes. Pediatric experience, home health experience and bilingual (Spanish) a plus.

Receptionist/Switchboard Operator - San Antonio - Operate multiple-line console and route calls to appropriate office or location. Greets vendors, clients, job applicants and other visitors. Performs typing and basic clerical duties.

Inpatient Coding Technician - San Antonio - Primarily responsible for coding inpatient and outpatient surgery visits, utilizing the ICD-9-CM and CPT coding classification systems. Requires one-year experience with ICD-9-CM/DRG assignment in a hospital setting, and completion of a certified coding program.

Insurance Help Desk Processor - San Antonio - Responsibilities include processing electronic reservations requests for rental cars through three major insurance carriers, monitoring existing rental contracts insuring that the insurance company and customer are billed correctly.



Photo by Staff Sgt. David Anderson

The new Defense Medical Readiness Training Institute's Commander Col. Alan L. Moloff addresses the audience during the Change of Command ceremony.



Photo by Staff Sgt. David Anderson
Col. Alan L. Moloff assumes command of the Defense Medical Readiness Training Institute as he accepts the unit's guidon from AMEDDC&S Chief of Staff Col. Frank Blakely, during a Change of Command ceremony Monday.

Outgoing Commander Col. Johnie S. Tillman, his wife Sharon and their children greet members of the DMRTI staff who came to say good-bye and wish them well in their next assignment to Tripler Army Medical Center in Hawaii.

Moloff to lead the DMRTI troops

During a simple but meaningful Change of Command ceremony held at the Roadrunner Community Center July 15, Col. Johnie S. Tillman relinquished command of the Defense Medical Readiness Training Institute to Col. Alan L. Moloff. More than one hundred cadre, staff, and friends attended the ceremony hosted by Col. Frank Blakely, Chief of Staff, Army Medical Department Center and School.

"For those of you that may not know Johnie very well, he was the consummate gentleman and team player. I personally thank you for the support you provided me in getting the business of keeping the big maroon machine moving in the right direction," said Blakely about the outgoing commander.

"We welcome Col. Alan L. Moloff and his family to the AMEDDC Center and School and to the Fort Sam family," said

Blakely.

Following the official transfer of the unit's guidon from the outgoing commander to the new commander on stage, the Army, Navy and Air Force service songs were played and the public was invited to bid the Tillmans a fond farewell.

The Defense Medical Readiness Training Institute is a Tri-Service military organization that conducts and coordinates training for active duty and reserve military medical personnel who provide worldwide healthcare support. Staffed by professionals from the Army, Navy and Air Force, the command is located at Fort Sam Houston and conducts the following resident and nonresident medical readiness related courses:

- Combat Casualty Care Course
- Joint Operations Medical Managers' Course

- Combined Humanitarian Assistance Readiness Training (CHART) course

- U.S. Army-Baylor University Medical Readiness Seminar
- The Command also instructs Advanced Burn Life Support (ABLS), Basic Trauma Life Support (BTLS), Advanced Trauma Life Support (ATLS®), Trauma Nurse Core Course (TNCC), and Pre-Hospital Trauma Life Support (PHTLS)
- The nation's first Tri-Service Joint Trauma Training Center (JTTC)

DMRTI improves the medical readiness training for military medical personnel and the coordination of readiness training efforts between military and civilian organizations. It also reduces duplication of readiness training efforts across services and decreases readiness training costs.



Photo by Yolanda Hagberg

Veterans honors Medal of Honor recipient at VFW event

San Antonio Medal of Honor recipient retired Warrant Officer Louis Richard Rocco was honored Sunday at a dinner at the Veterans of Foreign Wars Post 9186 where more than 500 San Antonians showed their appreciation for his contributions to the nation.

In May 1970, Rocco volunteered to accompany a medical evacuation in Vietnam.

The aircraft, carrying eight critically wounded soldiers, sustained heavy enemy fire and was forced to crash land.

Despite injuries to his back, wrist and hip along with severe burns, Rocco carried unconscious soldiers from the wreckage across exposed enemy territory to safety saving three soldiers from certain death.



Receiving a standing ovation Sunday, Medal of Honor recipient, Louis Richard Rocco, is flanked by his brother, Clyde Rocco, and San Antonio Recruiting Battalion Commander, Lt. Col. Dwayne Gatson. Clyde is a Silver Star recipient for gallantry in Vietnam.



Retired Warrant Officer Louis Richard Rocco and his wife, Maria, greet the crowd at the VFW Post 9186. Suffering from a form of cancer related to Agent Orange, he asked the audience to continue to pray for him.

Photos by:
Nelia Schrum

Recruiters get the low down on Army Medical Department

By Edward Rivera
Fort Sam Houston Public Affairs

In order to keep up the pace in the highly competitive world of recruiting, 70 recruiters and civilian support staff members from the 3rd Army Medical Department's Recruiting; upper mid-west region, spent a few days at Fort Sam Houston familiarizing themselves with today's Army Medical Department.

Recruiting medical personnel for the Army requires these recruiters to have a substantial knowledge of the AMEDD. For some of the recruiters the trip to Fort Sam Houston was their first contact with Fort Sam Houston, for others it was a refresher.

"The main purpose of the trip was to give recruiters and support staff a better working knowledge of AMEDD specialties, programs and environments," said Sgt. 1st Class John Bohmer, a recruiter trainer from Fort Knox, Ky. "This will enable recruiters to pass on first hand knowledge to provide applicants a more informative and realistic picture of what their career choice will entail."

After arriving in San Antonio the recruiting group attended briefings and tours of various Army and Army Medical Department Center and School programs and facilities. Divided into five groups, the visitors toured the AMEDDC&S, Camp Bullis and Brooke Army Medical Center.

At the AMEDDC&S, Officer Basic Course instructor, Capt. John Martin gave an overview of the OBC and provided the groups with valuable knowledge of how to prepare their applicants for the course.

"Now that the recruiters understand the significant changes that OBC has gone through during the past few years, they'll be better able to

provide applicants with the information they'll need to properly prepare for their training," said Martin.

According to Martin, the information should clearly identify the Officer Basic Course as physically and mentally challenging in the classroom and field training.

"If recruiters leave here with a clearer understanding of what the students will experience while at OBC, we've been successful," said Martin.

Following their OBC briefing the group was whisked away to Camp Bullis where they toured a Combat Support Hospital. Unfortunately, due to the recent flooding the recruiters were unable to observe soldier medic field training.

"Coming here has brought back many memories of my training," said Maj. Michael A. Alexander, U.S. Army Health Care Recruiting Team, South Bend, Ind. "There are some aspects of the training that are similar, but many things have changed."

Many of the visiting recruiters who had attended training at the AMEDDC&S agreed that today's training had notable differences from theirs. According to Alexander some of the facets of today's training will provide him with additional information to use as recruiting tools.

"My personal knowledge through my training at Fort Sam Houston has given me a knowledge base that I can impart to applicants. But for recruiters that have never been there, a trip like this gives them added insight to the AMEDD," said Bohmer.

Once completing their tour of Camp Bullis the recruiters went to Brooke Army Medical Center to get a first hand look at what an applicant might find interesting and exciting while working

at a medical center like BAMC. In addition, the Army Community Service provided additional briefings to give the recruiters knowledge on ACS programs.

According to Bohmer the feedback from both the recruiters and the AMEDD staff was positive. The briefings led to an affirmation from the recruiters to better prepare and inform future students to the AMEDD training experience.

"The bottom line for both recruiters and trainers is that the better-prepared applicants are when they get here the better their experience will be both physically and mentally," said Martin.

Photos by:
Edward Rivera



Army Medical Department recruiters take a trip on a tactical vehicle to tour Camp Bullis. Some sites were unavailable due to the recent flooding.



Humberto A. Maldonado, training instructor, walks members from the 3rd Army Medical Department's upper mid-west region recruiting team through the Combat Support Hospital at Camp Bullis.



Humberto A. Maldonado explains the overall setup of the operating room in the Combat Support Hospital at Camp Bullis.



Capt. John J. Martin, Officer Basic Course, briefs team members from the 3rd Army Medical Department's upper mid-west recruiting region on the training their applicants will receive at the Army Medical Department Center & School.

Tracking down an elusive neurological disease as millions remain undiagnosed is tough challenge

(NAPSA)-Recent research may mean relief for millions suffering from a neglected and frequently misdiagnosed disease that causes progressive, debilitating pain. Although more than 20 million Americans have peripheral neuropathy, often neither they nor their doctors know what it is. The neurological disorder, characterized by numbness, tingling or a burning sensation in the toes, feet or legs, is extremely common, yet extraordinarily difficult to diagnose, so treatment is often delayed.

Part of the problem is that in many cases, the cause is idiopathic, or unknown. Other causes include diabetes (nearly 60 percent of diabetics suffer from the disorder), autoimmune

diseases, rheumatoid arthritis, exposure to toxic substances, cancer, use of certain medications such as chemotherapy, viral and bacterial infections.

The good news: "With accurate diagnosis and proper treatment, the symptoms of peripheral neuropathy can often be managed and sometimes eliminated," according to Dr. Raymond P. Roos, professor and chairman, Department of Neurology and faculty member, Jack Miller Center for Peripheral Neuropathy at the University of Chicago. The Center was established in 2000 to not only treat patients, but diligently search for a cure for this common but elusive disease.

It's important, however, to

make the diagnosis in the early stages of the disease. "Once the nerve damage is stopped, the nerves may then regenerate. The less the damage, the better the recovery, so the earlier peripheral neuropathy is diagnosed, the more effective therapy can be," says Dr. Roos.

Treatment, which depends on the type of neuropathy and the underlying cause, can involve close regulation of blood sugar levels for diabetic neuropathy, intravenous gammaglobulin or corticosteroids for autoimmune diseases, and pain medication to treat the constant discomfort that accompanies peripheral neuropathy. In addition, physical therapy can slow the progression of the disease.

So if any of the symptoms in the accompanying checklist seem all too familiar to you, make an appointment promptly with your physician. The earlier peripheral neuropathy is diagnosed, the

earlier the damage can be slowed or stopped. To learn more about the disorder online, visit the experts at <http://peripheralneuropathy.bsd.uchicago.edu>.

Do you have any of these symptoms of Peripheral Neuropathy?

- Weakness in the arms or legs
- Numbness or tingling in the toes, feet or legs
- A sensation of wearing an invisible glove or sock
- Burning sensation or freezing-like pain
- Extreme sensitivity to touch
- Difficulty sleeping because of feet and leg pain
- Loss of balance and coordination
- Muscle weakness
- Difficulty walking or moving the arms
- Abnormalities in blood pressure and pulse.

Medical experts praise heat wrap therapy

(NAPSA)-If you suffer from low back pain, you're not alone. The good news is that there are many ways you may be able to help take care of your backaches at home.

A recent study led by a sports medicine researcher at the University of Medicine and Dentistry of New Jersey (UMDNJ), revealed that continuous low level heat wrap therapy is 52 percent more effective than acetaminophen and 33 percent more effective than ibuprofen for relieving low back pain.

In the six-month study involving 371 patients, participants were given the continuous low level heat wrap therapy for two days to treat acute low back pain. The results showed that the low level heat wrap therapy provided better relief than the

analgesics on the day of treatment and that the effects lasted more than 48 hours after the treatment was completed.

"Confirming that this treatment is superior is important to patients because it gives them a non-drug treatment option," said Dr. Scott F. Nadler, director of sports medicine at UMDNJ-New Jersey Medical School in Newark and co-investigator of the study. The study was published in the May 15 issue of Spine magazine.

Low back pain is the leading cause of disability in people under age 45 and the cost to society is estimated to range from \$20 to \$50 billion per year, according to statistics provided by the Agency for Healthcare Policy and Research of the U.S. Department of Health and

Human Services.

One new type of heat wrap therapy to consider is called ThermaCare, developed by the P&G Health Sciences Institute in Cincinnati, Ohio. It heats to 104°F within 30 minutes of exposure to air and maintains this temperature continuously for at least an eight-hour period of wear.

ThermaCare heat wrap treatment for low back pain proved to be better than oral analgesics because it goes

beyond pain relief to provide muscle relaxation and increased flexibility," said Dr. Deborah J. Steiner of Research Testing Laboratories, Inc. of Great Neck, N.Y., who was a co-investigator with Dr. Nadler in the study.

"ThermaCare is an excellent therapeutic device. I have given samples to a number of patients," said Edward J. Bernacki, M.D., M.P.H., Johns Hopkins University. "Furthermore, patients seem to enjoy the soothing benefits of

heat over and above its therapeutic qualities."

Before you perform any home remedy, check with your doctor to make sure it's right for you.

To learn more about heat wrap therapy, you can visit the Web site at www.thermacare.com.

If you're one of the millions of Americans with back pain, you may want to try heat wrap therapy for relief.

Stroke least of Americans' worries

(NAPSA)-If you asked 1,000 people what health condition worries them most, how many would say stroke? The answer is one percent. Stroke is America's number three killer and a serious cause of long-term disability, yet few Americans worry about it.

"Stroke is still not a health priority for the general public," said Vladimir Hachinski, M.D., editor-in-chief of Stroke: Journal of the American Heart Association. "Until this changes, we can expect to see present patterns continue: lack of knowledge about stroke warning signs; lack of emergency action when they occur; lack of commitment to reduce stroke factors; and of course, lack of progress in reducing disability."

The survey's results prompted the American Stroke Association to increase its efforts in May, American Stroke Month, to encourage Americans to become more aware of their risk and how to prevent stroke.

response to stroke because stroke is a medical emergency. A medication can help reduce long-term disability from the most common form of stroke, but it must be administered within three hours from the onset of stroke symptoms. Every minute counts.

The symptoms of stroke are:

- sudden weakness or numbness of the face, arms and legs, especially on one side of the body;
- sudden confusion, trouble speaking or understanding;
- sudden trouble seeing in one or both eyes;
- sudden trouble walking, dizziness, loss of balance or coordination;
- sudden severe headache with no known cause.

Stroke accounted for about one of every 14.3 deaths in the

U.S. in 1999. In the U.S. someone has a stroke every 53 seconds and someone dies of one every 3.1 minutes.

A stroke occurs when a blood vessel that brings oxygen and nutrients to the brain bursts or is clogged by a blood clot or other particle. This rupture or blockage keeps part of the brain from getting the oxygen it needs. Without oxygen, nerve cells in the affected area can't function and die within minutes. The part of the body that these brain cells control also can't function, which can lead to death.

Find out your risk of stroke by visiting StrokeAssociation.org and take a Stroke Pledge. To learn more about stroke, call the American Stroke Association at 1-888-4-STROKE.

Health Promotion Center

July Class Schedule

Class	Date	Time
Body Fat Testing	19	8-11 a.m.
Cholesterol and Lipids	22	9-11:30 p.m.
Diabetes Education	23	12:45-4 p.m.
Office Yoga	24	Noon-1 p.m.
Fibromyalgia Self-Help	24	1-3:30 p.m.
Self Care and Health	25	1-3 p.m.
Back Pain	25	2-3:30 p.m.
Breast Health	26	11- noon
Weight Management	29	1-2:30 p.m.
Diabetes Education	30	12:45-4 p.m.
Office Yoga	31	Noon-1 p.m.
Osteoporosis	31	5-6 p.m.

Call the Health Promotion Center to register for all classes at 916-3352, except Fibromyalgia Self-Help, Fibromyalgia Support Group, Diabetes Education, Diabetes Support Group, and Weight Management.

To register for Diabetes Education call Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2.

To register for Weight Management call Nutrition Care Division at 916-5525. Fibromyalgia Self-Help requires your primary care provider to send a consult to Behavioral Medicine Clinic.

Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them.

If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Booster car seats provide security for in-between ages

(NAPSA)-While most parents naturally recognize the need to properly restrain infants and toddlers in children’s car seats, they are often unaware of the need to also properly protect older children riding in vehicles. Unfortunately, children who are buckled into ill-fitting adult belts are four times more likely to suffer serious head injuries in an automobile collision than children properly restrained in car seats and booster seats.

Generally intended for children ages 4 to 9 who weigh 40 to 80 pounds, traditional booster seats are designed to properly position adult seat belts correctly and safely around children’s smaller bodies. Boosters are effective in protecting children, while also offering them better visibility and comfort.

The easiest way to know when a child is large enough for an adult seat belt or if she needs a booster is to evaluate whether she can sit with her back against the seat cushion while her knees are bent over the seat edge. The shoulder belt should cross between the neck and arm, and the lap belt should ride low across the child’s hips. If the child does not meet these requirements, a booster seat is a necessary safety precaution.

When selecting a booster seat, there are several types to choose from:

• **Traditional Backless**
Designed for children weighing between 40 and 80 pounds, backless boosters should be used in vehicles with tall seat backs and/or a head support. These kinds of booster seats, such as the Right Fit from Evenflo, use

the lap and shoulder seat belt system to restrain the child.

• **Traditional High Back**
High back booster seats can also accommodate children from 40 to 80 pounds. High back boosters position the vehicle’s seat belt correctly, placing the lap belt low across the child’s hips and the shoulder belt comfortably on the child’s collarbone.

• **Combination High Back With 5-Point Harness**
Combination high back boosters, such as Evenflo’s Express Booster Seat, feature high backs that use a five-point harness for children 20 to 40 pounds or positions the vehicle’s seat belt correctly for children 30 to 80 pounds. When installed correctly, the high back seat will place the lap belt low across the child’s hips and the shoulder belt comfortably on the child’s collarbone.

The five-point harness system offers added flexibility to the consumer by allowing the child to use the same car seat from 20 to 80 pounds.

For more information about booster seat weight limits and proper installation, be sure to read the car seat instruction manual and vehicle owner’s manual carefully. Booster seats should be snug against the vehicle seat back and should not be used in a seating position with an active airbag.

Booster seats may be purchased at major retailers, and they make great gifts from grandparents or family friends. For more information about children’s car seats, visit www.evenflo.com or www.nhtsa.com.



Booster seats protect older children by positioning seat belts around their smaller bodies.

Tips to turn your next family road trip into a fun-filled, stress-free ride

(NAPSA)-If you’re planning a road trip in the next few months, you have plenty of company. The travel industry reports that 40 percent of travelers will take one or more weekend road trips this summer.

A recent online survey conducted by Pioneer Electronics reports that more than 80 percent of families will travel at least four hours, with many planning to be in the car for more than 10 hours.

Travelers are looking for ways to pass the time while in the car and to keep the kids entertained in the back seat. When asked what they use as “boredom busters” while on road trips, most people surveyed say they will listen to music (88 percent); talk (70 percent); watch the scenery (66 percent); play games (32 percent); and watch movies (20 percent).

What do travelers hate most about being on the road? According to the Pioneer survey, the three things motorists dislike the most are: getting stuck in traffic, being bored while on the road, and bad radio or no radio at all while driving between

cities.

Here are some ideas to help combat these three road trip hassles:

Lost or Stuck in Traffic? No one likes getting stuck in traffic, but it’s even worse when you’re traveling in an unfamiliar area. An in-car navigation system provides step-by-step directions to your destination. If you’re hungry, it will help you locate a restaurant; almost out of gas, it will tell you where to find the nearest service station; looking for the closest tourist attraction is no problem either with more than 2 million points of interest logged in the memory bank. Pioneer’s navigation system is voice-activated, so once you’re on the road, you can eliminate maps and just ask for directions. It can even answer that famous question, “How much longer?”

Tired of Watching the Scenery? The scenery at the Grand Canyon is the reason you go on vacation in the first place. Unfortunately, it takes countless hours to get there. In-car audio/video packages can transform any car, van or SUV into an entertainment center on wheels.

Video screens in the rear seat can be used to watch television, DVDs or play video games. Already, 20 percent of those surveyed are using in-car video screens on their road trips. The experts at Pioneer recommend an educational video, a classic Disney DVD or one of National Lampoon’s Vacation movies.

No Radio Reception? XM Digital satellite radio offers 100 channels of sports, news and music programming no matter where you are in the country. Having a tuner for satellite radio is like having cable TV-it expands the selection and creates options for everyone in the family.

As you’re planning your vacation road trip, don’t forget that the entertainment doesn’t have to wait until you arrive at your final destination, it can begin the minute you sit down, buckle up and hit the road.

Steer Yourself In The Right Direction-Make your family road trip more fun, by transforming your car, van or SUV into an entertainment center on wheels.

Getting the right tire at the best value

(NAPSA)-You don’t have to wheel and deal to get the right tires at the best price. Just turn to these tire tips.

“When tire shopping, keep in mind that there is a difference between the lowest price and the best value,” advises Erik Olsen, vice president, Michelin Americas Small Tires. He offers the following tips:

Know when to replace your tires. Even the best tires wear out with time, distance and a variety of weather and road conditions. One of the simplest ways to know when to replace tires is to check the tread depth. All tires have tread-wear indicator bars molded into the treads. When the tread is worn down to where you can see a solid bar of rubber across the width of the tread, it’s time to replace the tire. You can also get help from Abraham Lincoln. Take a penny, and with Lincoln’s head down, put it into the tread grooves. If you can clearly see all of Lincoln’s head, the tread depth is low and you probably need new tires. Also, look for irregular tire wear and check for cuts, tears or bulges in the tire’s sidewall.

Buy the right tire for your vehicle. Tires come in several types: Highway tires, designed for wet and dry weather driving but not for use on snow or ice; snow tires, which provide maximum traction in winter conditions; all-season tires, providing good balance for drivers looking for increased traction in rain and snow as well as the handling, ride and tread-wear benefits of a highway tire; and performance tires, focusing

on better handling, grip and cornering. Next, make sure you buy the right size. Check the owner’s manual or the vehicle placard located on the driver’s door post, the fuel filler door or the glove compartment lid. Then, check the Uniform Tire Grade ratings, which provide key information about:

- Treadwear grades, which range from 60 to 620. The higher the grade, the longer the tread life.
- Traction grades AA to C, indicating a tire’s braking performance. AA signifies the best traction.
- Temperature grades A to C, which represent a tire’s ability to withstand heat. “A” signifies the

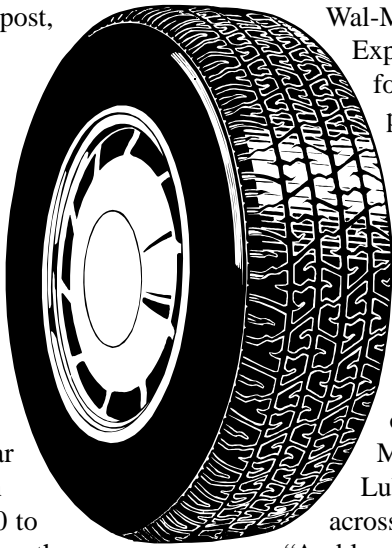
most resistant.

Shop for the best value. Once you know the kind of tire you need, you can call or visit an experienced tire retailer such as Wal-Mart Tire & Lube Express. Be sure to ask for the total package price, which includes rotation and balancing over the life of the tire.

“New tires can improve the safety and comfort of your ride,” says Ken Reese, director of operations for Wal-Mart’s 1,500 Tire & Lube Express outlets across the United States.

“And knowing that you’ve bought the right tire at the right price gives you an added dimension-peace of mind.”

Everything your vehicle does happens through four 6-by-8 inch contact points where your tires meet the road.



Take care of your new tires

Maintenance tips to help your tires perform better and last longer:

- Check each tire’s air pressure (including your spare, once a month and before any long trip. Always check tires when they’re “cold”
- Have your tires rotated every 6,000 to 8,000 miles or as recommended by the owner’s manual.
- Properly balance your tires to prevent shimmying (shaking side to side) and tramping (hopping up and down).
- Clean your tires with soap and water to keep debris from degrading them.
- Check your tires once a month. Look for uneven wear and stones or nails wedged in the tread. If a tire continually needs air, have it checked.

Fall & Winter 2002 Exchange catalog available July 23 at post exchange

The Fall & Winter 2002 Exchange Catalog will be available at military exchanges worldwide on July 23. This new catalog offers hundreds of pages of merchandise and is one of the benefits of military service.

The Fall & Winter catalog offers a wide selection of items from around the world. For your convenience, the catalog is divided into the following 18 merchandise categories: Gifts and Collectibles, Crystal, Tabletop, Kitchenware, Appliances, Home Furnishings, Military Pride, Jewelry/Watches, Cosmetics/Fragrances; Clothing/Lingerie, Shoes, Handbags/Luggage, Healthcare, Toys, Sporting Goods, Home Office, Photo and Electronics.

This all-services catalog is valid through January 20, 2003 and anyone with exchange privileges can use it. Active duty military members of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen, Department of Defense civilians stationed overseas, exchange employees and their family members are authorized to shop.

Free electronic in-store ordering is available at AAFES exchanges and selected Marine Corps exchanges worldwide. Orders can also be placed by mail, fax or phone. To place orders toll free from the United States or Puerto Rico just call 1-800-527-2345 or FAX 1-800-446-0163. For your convenience, the catalog center is open around-the-clock, seven days a week, and complimentary international access calling is available from several countries. You can also

shop your Exchange Catalog on the Internet at aafes.com, usmc-mccs.org, navy-nex.com or cg-exchange.com.

Available at your local exchange, the Fall & Winter 2002 Exchange Catalog is a bargain for only \$5. It includes a coupon for \$8 off your first purchase of \$25 or more, and shipping is free on everything you order.

Earnings generated by your purchases in your Exchange, Exchange Catalog and Exchange Online Store are returned to you in the form of funding for your favorite Morale, Welfare and Recreation facilities and programs. So be sure to shop your Exchange first.

The Fort Sam Houston Thrift Shop supports community

Visit the Fort Sam Houston Thrift Shop where great bargains and special treasures can be found. Among the items available for sale at the shop are: Household items, clothing, collectibles, books, appliances, tools, knick-knacks, furniture, antiques, jewelry, uniforms, plants and much more.

The shop is opened Wednesdays, Thursdays and the second Saturday of every month from 9 a.m. to 2 p.m. The shop is located in Bldg. 230 on Liscum Road. For information call 225-4682.

Post worship schedule



Protestant

Sunday:
8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
9 a.m. Traditional Service, Installation Chaplain's Office, Bldg.2530
9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
10 a.m. Service, BAMC Chapel
10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
11 a.m. Service, AMEDD Regimental Chapel
11:15 a.m. Gospel Service, Evans Auditorium
12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:
9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
12 p.m. Bible Study, Dodd Field Chapel
12 p.m. Service, BAMC Chapel

Catholic

Saturday:
5:30 p.m. Mass, AMEDD Regimental Chapel

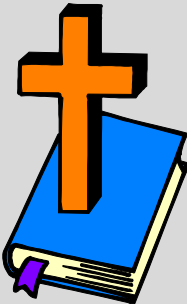
Sunday:
8:30 a.m. Mass, BAMC Chapel
9:15 a.m. Mass, Dodd Field Chapel
9:15 a.m. Mass, AMEDD Regimental Chapel
11:15 a.m. Mass, BAMC Chapel
*12:45 p.m. Mass, Dodd Field Chapel
*Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:
11 a.m. Mass, BAMC Chapel
11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:
9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:
8 p.m. Service, Dodd Field Chapel
8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)



Mormon

Sunday:
10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Tuesday:
7 p.m. LDS Studies, AMEDD Regimental Chapel

Muslim

Sunday:
10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

Friday:
1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

Thursday:
8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

Note: The Post Gift Chapel is closed for renovations indefinitely.
Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.



Community events

BMCAOS and AFCEA meeting and luncheon, July 18

Special Agent William A. Perez, Federal Bureau of Investigations, will speak at the July 18 joint Billy Mitchell Chapter Association of Old Crows and Alamo Chapter Armed Forces Communications Electronics Association luncheon. The public is invited. The meeting will be held at Dave & Busters at I-10 & I-410, beginning at 11 a.m. Agent Perez will discuss "The Impact of Technology on Crime: A Law Enforcement Perspective." He will highlight cyber crime trends, as well as FBI strategies and initiatives, including the InfraGard Program. Cost is \$15 cash or check. Make reservations NLT July 15 on the BMCAOC Website <http://www.bmcaoc.org/> or call Marsha Ocain (210) 732-7697. Reservations should be made or canceled NLT 15 July.

FSH Technology Expo, July 18

The latest innovation in high technology will be on exhibit at the Fort Sam Houston Technology Expo on July 18 from 9 a.m. to 3 p.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road. Sponsored by COMTEK, the premier provider of telecommunications information technology and information security services to DoD and other Government agencies. Join us and learn about the latest information technology.

Night in Old Fredericksburg, July 19-20

Night in Old Fredericksburg celebrates 39 years of fun. The citizens of Fredericksburg, Texas will celebrate their German heritage with some sausage, sauerkraut, cold drinks, singing and dancing. For information call the Fest Office at 1-866-TEX-FEST.

U.S. AMEDD Regimental Social, July 26

The 16th Annual Regimental Social will be held July 26 from 4:30 to 6:30 p.m. at the U.S. Army Medical Museum, corner of Stanley Road and Harry Wurzbach. Cost is \$5, checks payable to HQ, MEDCOM. See unit command sergeant major or first sergeant for tickets. Light snacks will be served. Dress is duty uniform.

Fort Sam Houston FEW Lunch & Learn, July 31

The Fort Sam Houston Chapter of Federally Employed Women, Inc. will host a Lunch & Learn session July 31 from 11:30 a.m. to 12:30 p.m. at the San Antonio Credit Union located on Stanley Road. The no-cost lunch will be Pizza and soft drink. To make reservations call Arcy Longoria at 916-3016.

Volunteers needed

Department of Periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base is seeking additional patients with specific needs for treatment in the periodontics residence program. Applicants must be military retirees, family members of retirees or family members of active duty and must have been recently determined by a dentist to have an existing periodontal condition. For more information call 292-7273.

Calling all single soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the 1st and 3rd Wednesday of every

month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established at the installation to provide soldier input to the commander, who will use the committee's recommendations to improve single soldier's Morale, Welfare and Recreation programs to enhance quality of life. For more information, contact the current BOSS president Spc. Jeffrey Briere at 637-2229.

United Way Help Line seeks volunteers

United Way is looking for volunteers to answer calls from individuals in need of assistance. The Help Line provides information, referral, telephone counseling and crisis intervention services to the community. Telephone counselors are urgently needed to answer the Help Line during daytime and weekend shifts. Bilingual counselors are especially encouraged to sign up. To volunteer, call 352-7057.

BAMC needs Partner in Healing volunteers

BAMC seeks volunteers to provide in-house patient transportation. Nurses rely on the patient transport program to stay on the wards and focus on quality patient care. Join the kind and dedicated team of volunteers who provide this important service to the patients. Call 916-5083 to become a BAMC Partner in Healing.

In the classroom

Women's Equality Day Training, August 26

Enhance your career opportunities and make plans now to attend the Women's Equality Day Training, August 26, from 7:30 a.m. to 4:30 p.m. at the Kelly Field Club, Kelly USA. Cost is \$40. The keynote speaker is retired Lt. Col. Consuelo Kickbusch. For information call Gloria Gonzalez at (210) 534-8875, extension 241 or via e-mail at gloria_gonzales@nps.gov or call Twyla Vital at (210) 652f-5911, extension 3015, e-mail lwyla.vital@randolph.af.mil.

Meetings

MOPH Alamo Chapter 1836 Meetings

The Military Order of the Purple Heart, Alamo Chapter 1836, will hold its monthly meetings at the Roadrunner Community Center, Bldg. 2797 beginning at 10 a.m. The following are the meeting scheduled dates for the remainder of the year: August 3, September 7, October 5, November 2 and December 7. Members of the MOPH, who do not have a DoD sticker on their vehicle, should enter FSH through the Walter's gate entrance to obtain a pass.

Otras Cosas

Read Across Texas at the Fort Sam Houston Library

The Fort Sam Houston Library is conducting its annual summer reading program for children in pre-school through eighth grades. The program is designed to keep youngsters reading throughout the summer. Register at the Fort Sam Houston Library and keep track of all the books you read. Children enrolled in the program can earn a brand new book, a certificate and a "Read Across Texas" T-shirt. For more information call the Library at 221-4702/4170.

Military Family Appreciation Nights, August 21

General Mills is saying "Thank You" by offering free

¿Que Pasa?

tickets to the Missions Baseball game. Vouchers for the game will be available at Carlson Wagonlit Travel and Fort Sam Houston Library two weeks prior to the game. Coupons must be redeemed at the Nelson Wolff Stadium for actual tickets. Call 221-2926 or 221-2307 to reserve tickets.

Next AKO/SmartForce Briefing, August 15

The Army announces a partnership license with SmartForce, a state-of-the-art computer based training learning infrastructure, which customizes training for individuals, while the learning experience ensures that knowledge is delivered in a fast effective way. AKO/SmartForce briefings will be held in Blesse Auditorium August 15 and 22 from 8:30 to 10 a.m. For information call 221-8945.

ESL classes taught at the Roadrunner

English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Space Available Travel Information

You may be eligible to travel on space available to Germany, Guam, Japan, Korea, or Puerto Rico. For information on restrictions for overseas travel, required documentation for sponsors and dependent travelers using Space Available, call the Lackland Passenger Terminal (Kelly Field Annex) at (210) 925-8715 or visit the spacea@lackland.af.mil Website.

Enjoy a \$1 dinner at USO

The USO offers a \$1 dinner every Saturday at 6 p.m. Enjoy a great "home cooked" meal and then explore what downtown San Antonio has to offer or take advantage of free pool and foosball tables, movies, game room and family room. The USO is open to all military personnel and their families Wednesday, Thursday and Sunday from 9 a.m. to 5 p.m. and Friday and Saturday from 9 a.m. to 11:30 p.m. For more information, call the USO at 227-9373.

Kraft Foods sponsor essay contest

Kraft Foods is sponsoring a "salute to military families" youth essay contest. A \$1,000 U.S. Savings Bond will be awarded to a military family youth 18 years or younger with a valid military ID card. The essay contest topic is "The Person I Admire." It should not exceed 1,000 words. Contestant's essay should include their name, age, telephone number, and their installation. Winners will be asked to show identification. The essays should be post-marked by August 15, 2002 and mailed to: San Antonio Missions Baseball Club, Oscar Mayer Youth Essay Contest, 5757 Highway 90 West, San Antonio TX 78277.

Nursing Refresher Program students sought

A car pool/support/study group is being formed for the Fort Sam Houston Post residents interested in attending a nursing refresher program at the San Antonio College RN and LVN for the fall. Contact Leona t 223-2208 if interested.

Course offered to Assist Women achieve 'Personal and Academic Success' at SAC

The San Antonio College Women's Center is assisting women in registering for the student development course, "Personal and Academic Success." The course will be offered during the fall semester at San Antonio College, which runs from Aug. 26 through Dec. 8. Students may choose from two sections offered: Mondays and Wednesdays, 5:15-6:30 p.m. and Tuesdays and Thursdays 9:25-10:40 a.m.

The course fulfills student orientation requirements. The Women's Center is offering free textbook assistance for this course. For information, call 733-2299.